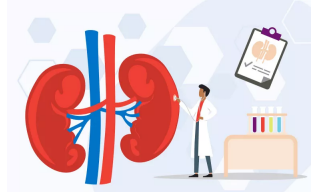


November 2024 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					
<p>4</p> <p>9:00 Tech Support (Yvan)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 11:00 Tech Support (Denise) 1:30 Leah's Pantry (SP) 1:30 Fall Prevention Maintenance (V)</p> 	<p>5</p> <p>9:45 Coro de la 30 CMC (BIL) (SP) 10:00 On Lok Always Active (BIL)(SP)(V) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 10:00 Body Dynamics 10:00 Chess 11:30 Tai Chi for Arthritis & Fall Prevention (BIL) (SP) 12:00 Beginners Line Dance 1:00 SFPL Bookmobile 1:30 Blood Pressure 2:00 Peruvian Weaving 2:30 Aging Mastery Program (V)</p>	<p>6</p> <p>9:00 Tech Support (Gabriela)(BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 11:30 Fall prevention 1 1:00 Fall Prevention 1 (BIL) (SP) 2:30 Gentle Yoga</p> 	<p>7</p> <p>10:00 On Lok Always Active (BIL)(SP)(V) 10:00 Game Room 10:00 Body Dynamics 11:00 Tech Support (Denise) 11:30 Tai Chi for Arthritis & Fall Prevention 1:00 Healthier Living (SP) 1:30 Aging Mastery Program (SP) 11:30 Fall Prevention Maintenance (V) 2:00 Blood Pressure (BIL)(SP) 2:00 Karaoke</p>	<p>8</p>  <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 10:00 Tech Support(Josh)(BIL)(CA) 11:30 Fall prevention 1 12:00 Tech Support (Vera) 1:00 Fall Prevention 1 (BIL) (SP) 2:00 Latin Music Dance & Raffle</p>	<p>9</p> <p>KDSAP Kidney Presentation</p> <p>9:00 Chair Yoga 10:00 Body Dynamics 10:00 KDSAP Kidney Presentation (BIL)(SP)(CA) 10:00 KDSAP Kidney Screening (BIL)(SP)(CA) 1:00 Movie</p> 
<p>11</p> <p>9:00 Tech Support (Yvan)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 11:00 Tech Support (Denise) 1:00 Alzheimer's Association (SP) 1:30 Leah's Pantry (SP) 1:30 Fall Prevention Maintenance (V)</p> 	<p>12</p> <p>9:45 Coro de la 30 CMC (BIL) (SP) 10:00 On Lok Always Active(BIL)(SP) (V) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 10:00 Body Dynamics 10:00 Chess 11:30 Tai Chi for Arthritis & Fall Prevention 12:00 Beginners Line Dance 1:30 Blood Pressure 1:30 Activities Committee(BIL)(SP) 2:00 Cafe con Leche (SP)</p>	<p>13</p> <p>Stress Busters</p> <p>9:00 Tech Support (Gabriela)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 11:30 Stress Busters (BIL) (SP) 11:30 Fall prevention 1 1:00 Fall Prevention 1 (BIL) (SP) 2:00 Volunteer Committee (BIL)(SP) 2:00 Karaoke 2:30 Gentle Yoga</p>	<p>14</p> <p>10:00 On Lok Always Active (BIL)(SP)(V) 10:00 Game Room 10:00 Body Dynamics 11:00 Music aLive Presentation 11:00 Tech Support (Denise) 11:30 Tai Chi for Arthritis & Fall Prevention 1:00 Healthier Living (SP) 1:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program (SP) 2:00 Conversation Circle 2:00 Blood Pressure (BIL)(SP) 2:00 Karaoke</p>	<p>15</p> <p>Bingo with UCSF</p> <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 10:00 Tech Support(Josh)(BIL)(CA) 11:00 Bingo with UCSF (BIL)(SP) 11:30 Fall prevention 1 12:00 Tech Support (Vera) 1:00 Fall Prevention 1 (BIL) (SP) 2:00 Latin Music Dance & Raffle</p>	<p>16</p> <p>9:00 Chair Yoga 10:00 Body Dynamics 1:00 Movie</p> 

November 2024 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>18</p>  <p>10:00 On Lok Always Active (V) 1:30 Fall Prevention Maintenance (V)</p> <p>No In Person Activities Center Closed Dining Room Open for Lunch</p>	<p>19</p> <p>9:45 Coro de la 30 CMC (BIL) (SP) 10:00 On Lok Always Active(BIL)(SP)(V) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 10:00 Body Dynamics 10:00 Chess 11:30 Tai Chi for Arthritis & Fall Prevention 12:00 Beginners Line Dance 1:30 Blood Pressure 2:00 Senior Council (BIL) (SP)</p>	<p>20</p> <p>Bingio with Google</p> <p>9:00 Tech Support (Gabriela)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL) (SP) 10:30 Bingo with Google (BIL)(SP) 11:30 Fall prevention 1 1:00 Fall Prevention 1 (BIL) (SP) 2:00 Karaoke 2:30 Gentle Yoga 3:00 UCSF Brain Health Talks (SP)</p>	<p>21</p> <p>10:00 On Lok Always Active(BIL)(SP) (V) 10:00 Game Room 10:00 Body Dynamics 11:00 Tech Support (Denise) 11:30 Garden Volunteer Committee (BIL)(SP) 11:30 Tai Chi for Arthritis & Fall Prevention 1:00 Healthier Living (SP) 1:30 Aging Mastery Program Graduation (SP) 1:30 Fall Prevention Maintenance (V) 2:00 Blood Pressure (BIL)(SP) 2:00 Karaoke</p>	<p>22</p> <p>TURKEY BAZAAR</p> <p>9:30 TURKEY BAZAAR 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 10:00 Tech Support(Josh)(BIL)(CA) 11:30 Fall prevention 1 12:00 Tech Support (Vera) 1:00 Fall Prevention 1 (BIL) (SP) 1:30 Leah's Pantry (SP) 2:00 Latin Music Dance & Raffle</p>	<p>23</p> <p>9:00 Chair Yoga 10:00 Body Dynamics 1:00 Movie</p> 
<p>25</p>  <p>9:00 Tech Support (Yvan)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 11:00 Tech Support (Denise) 1:30 Fall Prevention Maintenance (V)</p>	<p>26</p> <p>10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 10:00 Body Dynamics 10:00 Chess 11:30 Tai Chi for Arthritis & Fall Prevention 12:00 Beginners Line Dance 1:30 Activities Committee (BIL)(SP) 1:30 Blood Pressure 2:00 Peruvian Weaving</p>	<p>27</p> <p>9:00 Tech Support (Gabriela)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL) (SP) 10:30 Beginner's Line Dance 2:00 Volunteer Committee (BIL)(SP) 2:00 Karaoke 2:30 Gentle Yoga</p> 	<p>28 Thanksgiving Day</p> <p>10:00 Game Room 10:30 Thanksgiving Celebration Musical Performance 1:00 Movie</p> <p>*No Virtual Activities*</p> <p>Center Closed at 2 pm</p> 	<p>29</p>  <p>9:00 Game Room 12:30 Movie</p> <p>*No Virtual Activities*</p> <p>Center Closed at 2 pm</p>	<p>30</p> <p>9:00 Chair Yoga 10:00 Body Dynamics 1:00 Movie</p> 

SPECIAL EVENTS

11/02 - 11:00 Day of the dead Celebration (BIL)(SP)
11/05 - 1:00 SFPL Bookmobile
11/09 - 10:00 KDSAP Kidney Presentation(BIL)(SP/CA)
11/09 - 10:00 KDSAP Kidney Screening (BIL)(SP)(CA)
11/13 - 11:30 Stress Busters (BIL) (SP)
11/14 - 11:00 Music aLive Presentation
11/15 - 11:00 Bingo with UCSF (BIL)(SP)
11/19 - 2:00 Senior Council (BIL) (SP)
11/20 - 10:30 Bingo with Google (BIL)(SP)
11/21 - 11:30 Garden Volunteer Committee (BIL)(SP)
11/22 - 9:30 TURKEY BAZAAR
11/28 - 10:30 Thanksgiving Celebration Musical Performance

REGULAR CENTER HOURS

Registration*
Monday–Saturday,
10:00am-12:00pm, 2:00pm-3:30pm

Happy Heart Gym*
Monday–Friday, 10:00am-12:00pm and
1:00pm-3:00pm
Saturday 10:00am-12:00pm

Computer Lab*
Monday- Saturday, 10:00am-4:00pm

Special Requirements. Please inquire at Office #302*
Hours are subject to change without notice

To pre-register for classes please reach the appropriate staff members:

Always Active/ Fall Prevention:
Genny Pinzon, (415) 550-2291 & alwaysactive@onlok.org
Sue Mittelman, (415) 550-2208 & susan.mittelman@onlok.org

Tai Chi Arthritis:
Diana Lara-Rodgers, (415) 550-2209 & dlararodgers@onlok.org

DEEP (Diabetes Empowerment Education Program) and Healthier Living
Miguel Martinez, (415) 550-2201 & miguel.martinez@onlok.org

Aging Mastery Program
Nicole Malik, (415)550-2211 & nicole.malik@onlok.org

CALENDAR KEY

Activities marked with:

- (SP) are in Spanish
- (CA) are in Cantonese
- (BIL) are bilingual.

Activities are subject to change without notice. All activities require a pre-registration or pre-sign-up process.

All activities are in-person unless marked with

- (V) for virtual